



# Case mate

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August 15, 2003

## Post rep continues push for education harmony

**BY PATRICK BUFFETT**  
CASEMATE STAFF WRITER

While the start of the new school year is still a couple of weeks away, Fort Monroe's Charlie French is already hard at work addressing the unique educational needs of military youth.

In fact, French, who holds the post of School Liaison Officer here, spends the entire year — summer vacation included — campaigning for continued cooperative efforts between public schools across the peninsula and the military communities they serve.

"It's really a 'joint' effort, as the other services have equivalent representatives who also work with schools south of the tunnel (where military youth comprise up to 70 percent of the student body at some locations)," French said. "And the four military school liaisons work together as a team to foster a better understanding of the challenging

lifestyle of military children in this area."

Having recently returned from a "Military Child Education Coalition" conference in Groton, Conn., French addressed one of the more significant issues he and his counterparts are dealing with of late — the long-term effect of armed conflict and mobilization on military youth. Experts at the conference noted that greater numbers of youngsters might experience emotional difficulties as the War on Terrorism and frequent deployments continue into the near future.

"Along with worry about the parent's welfare, young family members can get highly stressed and emotional over the long-term absence of an important role model or stabilizing force in their life," French noted. Compound that with outside influences like negative

(See EDUCATION, Page 3)

## Weekend forecast calls for sunny skies, Sara Evans

Local forecasters have predicted some strange weather over the weekend — sunny skies and dry conditions.

That's great news for Hampton Roads residents who have spent the past couple of weeks dodging a series of sporadic downpours, and it's even better news for country music fans who "have a hankering" for the free and open-to-the-public performance of Sara Evans and Aaron Lines Aug. 16 at Fort Monroe.

The event is being held at Walker Airfield along Fenwick Road on post. Concertgoers can begin arriving as early as 5 p.m. The performances are scheduled to begin at 7

p.m. for Lines and 9 p.m. for Evans. Guests will not be allowed to bring coolers, food or beverages into the concert area.

Motorists are reminded that Mercury Bridge will be closed from Aug. 14 to 18 for the Hampton Cup Regatta. However, Ingalls Gate will remain open for vehicles of residents and people who work on Fort Monroe with DoD stickers only. McNair Gate will be open for all event and non-resident traffic. All visitors 18 and older will need to present a picture ID to gain access to the installation.

The second-highest nominated artist for the 2003 Canadian Coun-

(See CONCERT, Page 6)



Photo by Patricia Radcliffe

**Grrrrrrrrr ...** Hulk wannabe, Liam Carr, 4, shows his best imitation of one of his favorite comic book heroes during Kid's Day Aug. 2 at the post parade field inside the Moat. Liam was referred to as "Mini Me" by his dad, Maj. Douglas Carr, TRADOC DCSPIL. A contest was held among seven competitors for the best impersonation of The Hulk, and prizes were awarded. Kid's Day is an annual tradition at Fort Monroe. See story and more photos on pages 10 and 11.

## Inside:

### Regatta returns to Fort Monroe

(Page 6)

Post commander hosts town hall meeting Aug. 19 ... Page 4

Monroe special program features Hampton mayor ... Page 5

Memorial event recognizes first slave emancipation ... Page 7



# Commentary

## Chaplain's corner

# God leads us in our steps through life

**“The steps of a good man are ordered by the Lord; and the Lord delights in his way. Though he falls, he shall not be utterly cast down; for the Lord upholds him with his hands.” Psalm 37:23-24**

We are not walking haphazardly through life. God is directing our path and ordering our steps. Every decision we make and every action we take affect that course. God uses our choices and our circumstances to chart our course. God will not make us do anything or make us go in a certain way. God ushers us by his Spirit in the way we should go. We may resist, but God insists.

As we take each step, we may experience many detours and disappointments. We may have setbacks. We may go in a way that we didn't expect to go or didn't want to go. God continues to order our steps for our good and for His glory.

The word order means prepared, established, aimed and directed. Pause and think for a moment. Your steps are established and directed by God. You may wonder why you are going to a particular place. Others may assign you, but

God appoints you. Circumstances may lead you one way. God leads you His way.

Our steps mean something. There is a pace to this race. Our steps should be slow, stately and straight. Slow — a Chinese proverb says that he who goes too quickly misses his way. Stately — these are dignified and deliberate steps. Steady — means firm and fixed. Straight — means walking in the path of righteousness.

In the midst of many transitions, there are many steps going in many directions. It is easy to get lost in the shuffle. Remember, you are not an afterthought in the mind of God. You occupied God's mind first. God had a particular plan in mind when he created you. There are no accidents in God's plan for your life. God orders our steps in a general way as well as in a particular way. The Psalmist David said, “Thy word is a lamp unto my feet and a light unto my path.” God deals with the specifics of our lives. He knows you by name. God has numbered the hairs on your head. There is a specific time, a specific place, a specific person, and a specific direction. God does not always show us the complete way from a distance. He does not reveal the entire plan all

at once.

He does not show us everything before we start. The road ahead often seems dark and uncertain. There is a thought that says the journey of 1,000 miles began with the first step. It seems that the first step is the longest step, but once you get started, it is a short distance. We take the first step, and God directs and unfolds the path as we go. We walk by faith and not by sight. This keeps us in continual dependence upon God's guidance. God is interested in where you are going. When we delight in God's way; he delights in ours. When we choose God's way, he is delighted to lead and guide us. When we commit our ways to God, God takes responsibility for the outcome of our future.

We may get off track, stumble and fall down, but God helps us to get back up. We may become overtaken by the circumstances of life. The grace of God recovers us, restores us and reroutes us. God has big and mighty hands. He is able to pick you up, hold you up and get you going again.

Proverbs 16:9 says, “A man's mind plans his ways but the Lord directs his steps and makes them sure.” In Isaiah 42:16, God says, “I



**Chaplain (Maj.) Wilbert Harrison  
Deputy Post Chaplain**

will bring the blind by a way they did not know. I will lead them in paths they have not known. I will make darkness light before them and the crooked things straight.”

God is out in front. He's gone ahead to direct, protect and provide. The path he leads may seem difficult. There are times when we must face difficulties in order to know the right path for us. God leads us through all kinds of circumstances. God has his hand upon you and he has your feet in his hand. If you place your life in God's care and depend on him for your every need, you will never be disappointed no matter what you face in life.

## Letter to editor

### Kudos to many for Kid's Day success

Staff from the Soldier and Family Support Center — Army Community Service (ACS) and the Post Chaplain's Office would like to thank the soldiers from HHC and the staffs from Outdoor Recreation and DPW for all their help setting up and breaking down Kid's Day, Aug. 2.

And, to all of our wonderful sponsors, USO of Hampton Roads, Fort Monroe Thrift Store, Casemate Community Connection, Hampton Child Protection Team, Radio Disney, Marva Maid Dairy, and Farm Fresh Markets, Kid's Day is a special event because of your wonderful donations.

Children were mesmerized by the great donations offered by the Virginia Air & Space Center, Virginia Living Museum, Marine Science Museum,

Portsmouth Children's Museum, Norfolk Zoo, Fort Monroe MWR, and of course items from the incredible Hulk.

Kid's Day was a huge success with more than 2,000 individuals attending this year. But, the event does not happen without the help of so many wonderful organizations. I would like to thank Child and Youth Services, the Girl Scouts, Boy Scouts and Cub Scouts, Military Police, DPTMSEC, PAO and Casemate, Fort Monroe Sports Office, DPW, MWR, Multimedia Services, Bowling Center, and Langley Air Force Base-Family Advocacy.

Most of all we want to thank the many volunteers that dedicated their time to make this day so special for the children and parents that attended.

**EVA GRANVILLE**  
ACS KID'S DAY COORDINATOR

### Soldier overcomes addiction, describes destructive cycle

I am an addict. A better way to term it is: I am a recovering addict. I am sharing this revelation in the belief that I can bring hope to others who are fighting addictions. I want them to know that it can be done. You can change your life.

My 12-year battle with addiction influences my view of the world and my relationship with my wife and family. In the past, it affected my church standing, my finances and my work performance, as well as other aspects of my life. At one point, my addiction had control of my life, and I was miserable.

Addiction, whether it's gambling, smoking, alco-

holism, obsessive overeating, or any number of ailments, is destructive and invades the life of the addict. An addiction is defined as being so dependent upon something that separation from it causes trauma. You become devoted to it. It takes over your life. You feel you need it just to remain calm and be who you are. Whatever form the addiction takes, it takes away from the truly important things in life. It makes you lose sight of hope and see only misery.

It was that misery that made me want to change. I was able to see the destruction that was coming my

(See ADDICTION, Page 8)

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# EDUCATION (Continued from Page 1)

public opinion – such as that widely expressed during the onset of the War in Iraq – and every-day peer pressures most children experience daily, and the potential for difficulties in the classroom becomes apparent.

“Fortunately, we have great schools in this area that have shown tremendous support for the military,” French said. “That makes our job a lot easier because we’re not having to deal with a large-scale change in culture as they’ve had to do in other areas of the country – we’re dedicating our time to helping school guidance counselors recognize and deal with individual signs of hardship. They need to understand the stress and uncertainty our military children face and foster open dialogue between faculty, student and parents.”

French and his counterparts are also about to take a significant stride in the area of communication with military parents. “Among the first questions a family has coming into an area are: ‘where will my children go to school, and what is the school like?’” he said.

As soon as October, the answers to those sorts of questions will be one-step easier to find as French and his fellow liaisons honcho the posting of a “joint” website dedicated to school information for military parents. The first of its kind in the nation, according to French, the website will be initially linked to and from the 16 school-district-level web pages in the area. Once established, the web address will be announced in the Casemate and other publications, French said.

“Along with basic enrollment requirements and school calendars, we want to offer information that will help military parents transition

their children into a particular school,” French said. “The site will have information about local scholarships. And we want to make parents more aware of curriculum requirements that are unique to the State of Virginia and could have an impact on their student’s ability to graduate or move on to the next grade level.”

French also made note of the post’s School Liaison webpage – [www.monroemwr.com/school-liaison.htm](http://www.monroemwr.com/school-liaison.htm) — that will soon offer video clips of key award ceremonies at local schools, if they can work out the technical details. “Just imagine how uplifting that would be for moms and dads who are TDY or deployed,” he said. “And it brings more attention to the successes of our stu-

**Poquoson picks post worker for top board position**

A Fort Monroe employee is now heading one of Virginia’s top school districts.

Charles French, school liaison officer here, was recently selected to serve as School Board Chairman for Poquoson City Public Schools – one of four peninsula school systems that serves a large number of military students.

As chairman, French will lead a board of seven members, setting policies and procedures for “one of the most highly respected and high performing school districts in the state,” he said. Among the 136 school districts



**Charles French**

dents.”

Military parents are also a large part of the target audience for a growing volunteer initiative titled “Partners in Education.” French, with help from his fellow advocates, hopes to rally further support for the program this school year. “We want to encourage all members of the military community to donate their time and talents to the local schools,” French said.

“Something as simple as reading a book to students, such as we did last year with the Read Across America Program, or sitting down with children one-on-one to help them study geography or arithmetic can have an enormous impact,” French said.

in Virginia, Poquoson’s ranked among the top five to 10 in almost every ratable category, he added.

French also serves as a Tidewater Region Officer for the Virginia School Board Association. He is a Federal Relations Network – Congressional Contact Team representative; and he chaired the Safe and Drug Free Schools Advisory Committee. French is also the board representative to the Hampton Roads Public Education Service Agency.

As the school liaison officer, French said he has been active in bringing the top leadership of all local military installations and area school districts together to develop communication links and partnerships in education, as well as to orient and raise awareness of the transition needs of the mobile military child.

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# News clips

### Town hall meeting

Col. Perry Allmendinger, post commander, will be the host at a community town hall meeting Aug. 19 in the Community Activities Center from 6:30-8 p.m. Representatives from post directorates will participate.

Childcare is available at the Child Development Center (Bldg. 245) for those attending the meeting. Care will be available from 6:15 p.m. until the meeting ends. There is no cost for the care, but parents must make reservations by calling 788-5960 not later than Aug. 15. Parents must provide proof of all required immunizations.

For more information, call Paul Heilman at 788-3737.

### School physicals

Prime enrollees of the Craven Army Health Clinic, can call TRI-CARE at (800) 931-9501 to schedule their child's school physical. "When calling, ask for a routine appointment not a physical," the clinic's head nurse, Dorothy Phillips, said. School physicals are only required for children entering the Virginia public/private schools (preschool to grade 12) for the first time. Parents are to have the child's immunization record, school physical exam

form (distributed by the local school divisions), medical record and eye glasses (if applicable) available for the appointment.

For more information, call Phillips at 314-8027.

### '1812' rescheduled

The U.S. Continental Army Band's "1812 Overture Gala," featuring the West Point Hellcats, fireworks and live cannons, has been rescheduled for Aug. 28 at 7:30 p.m. in Continental Park due to inclement weather. For more information: [www.tradoc.army.mil/band](http://www.tradoc.army.mil/band).

### August yard winners

The Office of the Post Command Sergeant Major is proud to announce and congratulate the following individuals as winners for this month's Yard of the Month competition:

- Ingalls I — Capt. and Mrs. Matthew Jury (31 Tidball Street)
- Reeder Circle — Sgt. 1st Class and Mrs. Brian Cagle (2 Pratt Street)
- Commissary — Sgt. and Mrs. Donnie Thorton (28 Tidball Street)
- Ingalls II — Col. and Mrs. Matthew Murphy (63 Fenwick Road)
- Moat Officer — Col. and Mrs.



Photo by Eva Granville

**The USO held its annual special day for special kids at Kings Dominion Day June 30. In the center of the photo are Mariah and Marchaun Browning (with USO t-shirts on and Marchaun in a hat). They are the daughter and son of CSM and Mrs. Anthony Browning.**

**(The photo printed in Aug. 1 Casemate issue on page 7 incorrectly identified two youngsters as the Brownings' children. The Casemate staff regrets the error.)**

Paul English (147 Bernard Road)  
□ Moat Walk — Spc. and Mrs. Timothy Hawley (17 Moat Walk)  
□ Monroe Apartments — Sgt. Maj. and Mrs. Michael Lamb (462 B

Gulick Dive)  
For more information, contact Staff Sgt. Rashelle Houston at 788-2957.  
**(See MORE CLIPS, Page 9)**

6X7 KIA



# Hampton mayor to address special program here Aug. 26



Dr. Mamie Locke

The first African-American woman elected mayor of the oldest continuous English-speaking settlement in America will be the keynote speaker for Fort Monroe's Women's Equality Day observance starting at 2 p.m., Aug. 26, at the post theater.

Dr. Mamie Locke, mayor of Hampton and dean of Hampton University's School of Liberal Arts and Education, will give remarks on the celebration of the 83rd anniversary of women winning the right to vote, as guaranteed by the 19th Amendment to the Constitution. August 26 is annually set aside by Public Law to commemorate the passage of this amendment.

Col. Perry D. Allmendinger, Fort Monroe commander and program

host, will give welcoming and closing remarks. Bethany Thombley will perform vocal selections.

The program, sponsored by Fort Monroe's Equal Employment Opportunity offices, is open to everyone. Registration is not required and admission is free. A sign language interpreter will be on site.

Locke was a member of the Hampton City council for four years, serving the last two as Vice Mayor. She was elected Mayor of Hampton in 2000 and is the city's second woman mayor.

The National Civic League named Hampton an All-America City in 2002. This is the second time Hampton has received this national honor. The first time was in 1972.

Locke's duties at Hampton University, the largest historically Black University in the United States, extends also into the classroom where she teaches political science.

The college dean and city mayor participates also on numerous panels of political science and women's studies organizations as a guest speaker, addressing various political issues and topics on race and gender.

Locke's formal education includes earning bachelor's degrees in history and political science from Tougaloo College in Mississippi, and a master's degree and doctorate in political science from Atlanta University.

For more information, call Faye Anderson at 757-788-3500.

# Veterans Affairs proposes health system overhaul

Special to American Forces Press Service

WASHINGTON, Aug. 11, 2003 – The Department of Veterans Affairs is asking an independent commission to review a plan devised to reshape the way the department handles veterans' health care.

The draft plan stems from a VA study called Capital Asset Realignment for Enhanced Services, or CARES. VA Secretary Anthony J. Principi presented the draft national CARES plan to the CARES Commission here Aug. 4. The commission will review the plan and conduct hear-

ings before presenting its report to Principi for a final decision, which is expected by the end of the year.

"VA's mission to provide quality health care for America's veterans has not changed since its inception," said Dr. Robert H. Roswell, VA's undersecretary for health. "But how that job is done – at what kind of facilities, where they are located and which types of procedures are used – has seen dynamic change as a result of medical advances, modern health care trends, veteran migration and other factors."

VA officials said a July 1999 General Accounting Office study found the department was spending a million dollars a day on unneeded or unused facilities, so CARES was developed to identify an infrastructure that would better serve veterans' health-care needs in the 21st century.

Principi said those infrastructure changes "may come with difficult choices."

"As VA enters the process of making these choices in communities across the country, it is (See VA, Page 8)

3X3 1/2 Suburban  
Extend

3X7 ManTech Int'l  
(RED)

3X3 1/2 ECPI

# Speedboats return to Fort Monroe

The thrill of boats skipping over the water at speeds topping 175 mph will bring plenty of race fans to Fort Monroe this weekend for the 77th Annual Hampton Cup Regatta.

About 100 speedboat racers representing states across the continental U.S. will compete in 11 classes beginning this afternoon and continuing through Sunday. Access to the race is free. Pit passes are \$5.

Motorists are reminded that Mercury Bridge will be closed to vehicle traffic throughout the event. That area and Stilwell Gate will be open to pedestrian traffic only during race days.

Ingalls Gate will remain open for post resident and employee vehicles with DoD stickers. McNair gate will be open to all other traffic. Individuals pulling boats must use McNair gate. That traffic will be routed along Fenwick

Road to designated parking areas at Walker Airfield.

All pedestrians and vehicle passengers age 18 and older must have a picture ID to enter post.

Regatta drivers, mechanics and event staff are allowed to use ATV's and golf carts to and from designated race areas.

Two shuttle buses will run from Walker Airfield to various race locations throughout Saturday and Sunday.



*Speedboats skip over the waters of Mill Creek during last year's race.*

# CONCERT

(Continued from Page 1)

try Music Association Awards (Shania Twain received the most nominations), Lines is expected to belt out tunes from his debut album Aaron Lines, Living Out Loud released in January.

Among the album's selections is a song titled "You Can't Hide Beautiful," which is up for CCMA's Single of the Year and has enjoyed a steady rise up the country charts, according to RCA Nashville. The

video for the song reached number one on CMT's Top 20 Video Countdown.



*Sara Evans*

Having recently completed a special benefit concert funding scholarships for children of service members killed or permanently disabled in the line of duty, Evans is no stranger to military audiences. Her high-energy performance will likely feature selections from her newest album Sara Evans Restless, scheduled for release later this year. The album's leadoff single, "Backseat of a Greyhound Bus," has already crept onto the Top 20 Chart for Country Music.



*Aaron Lines*

Country fans will also surely recognize Evans' earlier hits from albums like Born to Fly, which shot to the top of the music charts at the end of 2000. The album's ballad "I Could Not Ask for More" followed it to the top in the Spring of 2001.

Once the concert concludes, vehicles will exit via the in and outbound lanes of Mellen Street. There will be no inbound traffic to Fort Monroe from 10 to 11 p.m.

Considering predictions of clear weather may well change, concertgoers should continue paying attention to local forecasters. In case of severe weather, the concert will be cancelled.

For more information, call 788-3151.

5x10  
Pep Boys  
559245

# First slave emancipation remembered in Contraband memorial

BY PATRICIA RADCLIFFE  
CASEMATE STAFF WRITER

An elementary school teacher once defined history as “his” story. This was a way of saying that history is a matter of perspective.

The same sentiment was echoed by Frank Earnest, post commander of the Sons of the Confederacy and member of the Contraband Society. “The difficult thing about history is keeping things in perspective. It is difficult to really understand the [culture of the] past because we’re looking back in time,” Earnest said. Contraband Society members study history from Union, Confederate and slavery aspects and compare their discoveries.

Aug. 9 marked the 5th annual Contraband Memorial Celebration. The event is unique because it brings people with Union, Confederate and Contraband slave ties — enemies in time past — to fellowship and commemorate a critical event in United States history — the first slave emancipation.

After a march to Mill Point Park in downtown Hampton and selections by The United States Continental Army Band, Gerri Hollins, co-founder of the Contraband Society, began by telling the story imparted to her by her grandfather and one which she has researched over a decade. It is the story of three slaves, Shepard Mallory, Frank Baker, and James Townsend who were sent by their master, Charles King Mallory, from Hampton to Sewells Point (in Norfolk) to help build a battery. May 23, 1861, they escaped and went to Fort Monroe for refuge.

The 7th New York Calvary mustered at Fort Monroe July 21, 1861 and remained there until the Civil War ended. “They had patrols from Yorktown to Norfolk, and it is believed that the three slaves followed soldiers to the fort,” Captain Charles Felthousen, 7th New York Calvary re-enactor, later comment-



Photo by Patricia Radcliffe

***Contraband Society members (l-r) Felthousen, Hollins and Earnest gather in a unified gesture while TUSCAB plays “Amazing Grace.”***

ed.

The Fugitive Slave Act, which had been in effect since 1850, decreed that if anyone found a runaway slave, he must be returned to his “rightful and proven” owner.

Virginia had seceded from the Union and declared itself a “foreign territory” at war. Gen. Benjamin Franklin Butler, Fort Monroe’s post commander and an attorney in civilian life, knowing that the refugee slaves were considered property by southerners, reasoned that since he had authority to confiscate property as “contraband of war,” he could provide refuge for the slaves. Consequently, because of Virginia’s stance, the slaves were “confiscated” by Butler at Fort Monroe. Hence, the escaped slaves became known as Contraband Slaves.

Word got around among slaves, that one could obtain freedom at Fort Monroe. So, it became known as the Freedom Fort. More than 10,000 people were emancipated because of Butler and the Freedom Fort, according to Hollins.

“I think General Butler was a brilliant man and shrewd lawyer to take the risk of not returning the

three slaves.

“His actions were probably going against President Lincoln’s time line for emancipation,” Felthousen said.

When Lincoln’s emancipation proclamation was written, it excluded Hampton Roads because area slaves had already been freed.

One of the more poignant moments of the memorial service was seeing representatives of Union, Confederate and Contraband descendents holding hands as TUSCAB played “Amazing Grace” and the audience sat in silent meditation.

For more information, or to join the Contraband Society, call 727-9708.

3x10  
Ad box



Photo by Scott Caldwell

***Danger zone ... Greg Land and Pat Gatens, donned level-A suits (for maximum protection against contaminants) to perform HAZMAT training July 29 at Walker Air Field. Scott Caldwell and Matthew Blodgett, post fire fighters, provided the training to fellow fire fighters. Land and Gatens approached a “suspicious” van, successfully investigated the situation and secured a “leaking” propane tank located in the van.***



way if I didn't change my life. It was then that I admitted that I had a problem. That first step was the one that started me on the path to recovery. It wasn't until I hit the bottom that I could admit my addiction.

My wife was upset and nearly left me. My boss was upset, and I was almost kicked out of the Army. I was upset, and more than once considered suicide.

In essence, I had hurt many people around me because of my selfish desires. However, even though they were hurt, I found that when I tried to change, the people who cared the most about me wanted to help me become a better person. They loved me enough to help me fight my desires. Having that strong support system plays a vital role in recovering and overcoming addiction.

I was rock climbing once at a place called Lisa Falls. The rock there is slick granite and not easy to climb. I was leading the climb, and a trusted friend was on belay. I was about 25 to 30 feet in the air reaching for the next anchor to lock into, when my foot slipped. I began falling. My friend did his job and began pulling in the slack on the rope. I passed the anchor below me and was about six feet from the ground when my friend stopped my fall.

In the same way that my friend stopped my

descent when I slipped while climbing, friends and family can help keep an addict from falling.

By trusting in my family and friends, and being accountable to them, I am able to resist my addiction. That constant reminder that my wife, boss or friend is going to ask how I'm doing today, is a help in overcoming my addiction.

The biggest support I have is God. Turning my problems over to a higher power allows me to be truly introspective. It helps me to know that I am not doing it alone. It is easier for me to turn my problems over to Him. I believe He helps me through the recovery process when I ask Him.

Of course there are always people who are more than willing to cause you to go the opposite direction. It is important while you are working through an addiction to avoid people and circumstances that could lead you into a relapse.

Another beneficial support I have is therapy. By sharing my problems, worries, and fears with the therapist, I am better able to deal with them. My ability to function in life without turning to my addiction increases as we discuss life and better ways to cope with it.

Other types of professional help are available as well. There are 12-step programs for almost any addiction, as well as support groups and medications that can help. The more I desire to change, the more options I am willing to try to

overcome the addiction. Where I used to do anything I could to get my "fix," I am now doing everything I can to find my way out of it.

Although I am in recovery, I still attend therapy sessions. I still rely upon God, family and friends to help me through each day without a relapse. The weak days are fewer and farther between, but they are still there, and I still need to keep my guard up. I am on the road to healing, though.

The results of working through my addiction are wonderful. I see my wife and family in a different light; we are closer than we have ever been. I am using my time in better pursuits, such as exercise, studying and taking my son swimming. I feel in control, rather than out of control. I am truly happy.

I wish I could share with you what I feel in my heart now that I have my priorities in order again.

I hope this will help someone to see that there is a way out of addiction. It is not hopeless. You can find help. It is there; just reach out and take it.

*(Editor's note: This article was submitted by an Army Public Affairs Office. The names of the installation and author are being withheld because of the sensitive nature of the topic. Courtesy Army News Service)*

VA (Continued from page 5)

important to remember the broad outcomes it seeks – more effective use of VA resources to provide more care to more veterans in places where veterans need it the most," the secretary said.

Among changes the plan propos-

- es:
- ❑ Closing VA hospitals in Canandaigua, N.Y.; Pittsburgh (Highland Drive); Lexington, Ky. (Leestown); Brecksville, Ohio; Gulfport, Miss.; Livermore, Calif.; and Waco, Texas.

- ❑ Opening new hospitals in Las Vegas and in Orlando, Fla.
- ❑ Adding centers for the blind in Biloxi, Miss., and Long Beach, Calif.
- ❑ Creating new spinal-cord

injury centers in Denver, Colo.; Minneapolis, Minn.; Syracuse or Albany, N.Y.; and Little Rock, Ark.

The first commission hearing on the plan was Aug. 12, according to the CARES Web site.

*(Based on a VA release.)*

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Opportunity Inc.  
556015



MORE CLIPS  
(Continued from page 4)

**Mosquito spraying**

DPW entomologists will spray for mosquitoes Aug. 15 from 7 to 9:30 p.m., weather permitting. While spraying will have no detrimental effects on quarters occupants or installation employees, it is recommended that you close all windows, and keep children and pets inside during this time period. For more information, call 788-5364.

**CFC kickoff — Sept. 4**

Campaign chairmen Gen. Kevin P. Byrnes and C. Michael Petters invite you to join the Combined Federal Campaign of the Virginia Peninsula and the 2003 United Way Campaign and Day of Caring, in constructing a “Freedom Garden” honoring local military members at Newport News Park (Jefferson Avenue and Fort Eustis Blvd.) Sept. 4.

Volunteers will construct the garden beginning at 8 a.m., and are asked to return for a complementary picnic and garden dedication at 4 p.m., with music provided by the U.S. Continental Army Band.

For more information, or to R.S.V.P. for the event, call Thelma Askew at 873-9328, ext. 10, before Aug. 29.

**MP Ball**

The 62nd Military Police Anniversary Ball for the Tidewater Area will be held on Sept. 12 at the Omni Hotel in Newport News. Social hour is from 6 to 7 p.m. and the evening’s events will follow. Current, former or retired Army MP members are invited to attend. For more information, call 788-2050.

**Casemate Online**

Current and past issues of the Casemate newspaper can be viewed online at: [monroe.army.mil/casemate](http://monroe.army.mil/casemate).

**Eligible Type O blood donors needed**

*Special to American Forces Press Service*  
WASHINGTON, Aug. 6, 2003 — The Armed Services Blood Program needs eligible Type O blood donors to support ongoing military operations worldwide and to replenish the mili-

tary’s frozen blood reserves. “Type O donors are the first line of defense for trauma victims. Until a blood type can be verified, Type O blood is used to keep trauma victims alive,” said Air Force Lt. Col. Ruth

Sylvester, Armed Services Blood Program director. “Once their blood type is determined, type-specific blood is transfused. But without Type O blood available, many patients would never

(See DONORS, Page 16)

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Photo by Patricia Radcliffe



Photo by Patricia Radcliffe

**Pvt. 2 Travis Moore, 233rd MP Detachment here, shows Kayla Robertson, 6, how to operate the siren in the police car on display at Kid's Day, Aug. 2. Kayla, who lives in Missouri, was visiting relatives, Jessica and Ricky Bentley, a Navy family in the area.**



Photo by Connie Smalls



Photo by Patricia Radcliffe

**Photo at left — Staff Sgt. Latasha Howard shows her daughter, Sydney, 2, the balloon animal that "Daisy the Clown" (Valerie Tutson) made for her. Photo top left — Volunteer Caitlin Culbertson, 13, paints a design on Jordan Harris, 3. Photo above — Charles Edmond, Jr., 6, (left), and Trent Moon, 9, run as fast as they can on the Bungee Run before springing back on the cord. Photo at right — Sandy Croushore of the Virginia Living Museum, lets kids get a close up look at a skunk. Photo at far right — 1st Sgt. Pablo Diaz, HHC, squirts kids and taunts them to throw the ball harder at the target that releases the seat in the dunking booth. Many command staff members had long lines of kids and adults trying to soak them.**



Photo by Connie Smalls

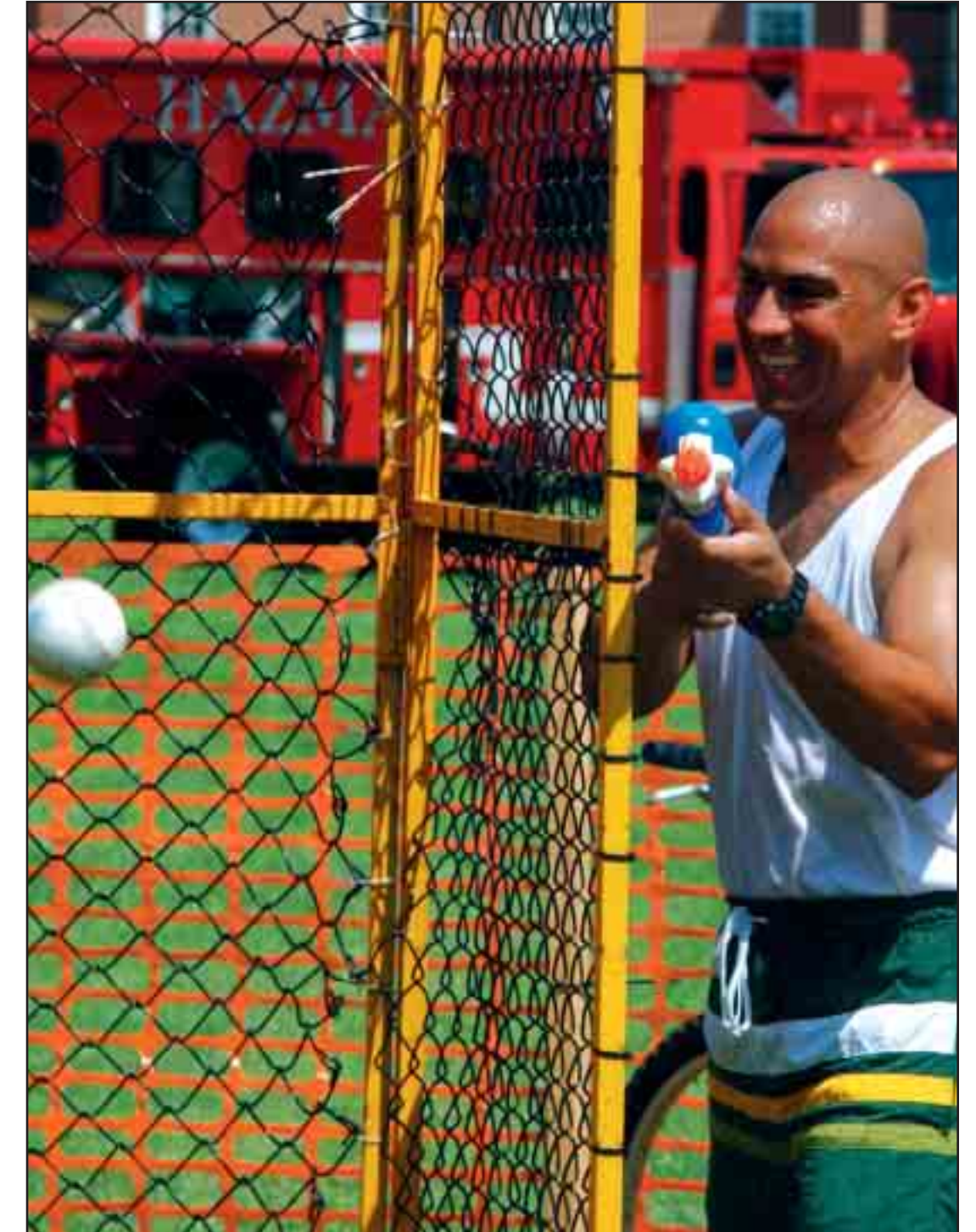


Photo by Patricia Radcliffe

## Kid's Day — a tradition of families having fun

**BY CONNIE SMALLS**  
CASEMATE EDITOR

Kid's Day seems to get better each year. Always set for the first Saturday in August, the event is now a tradition on post. It started nine years ago when Fort Monroe's Army Community Service and Post Chaplain's office employees decided to have a day devoted to kids and their parents — just to have fun.

It was an ambitious undertaking. It had to be portable and set up in an area that could hold thousands; it had to be manned by volunteers; it had to provide activities that were safe and age appropriate so that kids of all ages and abilities could win prizes; it had to offer entertainment; it had to provide hotdogs, drinks, chips, popcorn, snowcones and candy; and oh yeah ... it had to be free. No admission cost, no tickets, no money necessary. No problem. Well, no problem for the parents — just a day to enjoy a carnival-type atmosphere with their kids and to chill out.

The actual logistics of an event the size of a small circus is han-

dled by many, according to Eva Granville, Kid's Day coordinator.

"It takes about 40 employees from ACS, DPW, Outdoor Rec. and HHC soldiers to lay the foundation for the electrical and audio wires and equipment and to put together the tents, stage, game booths, and food areas needed to support such a large endeavor," she said.

Coordination is vital — from the ordering of food and prizes, to the assignments of about a hundred volunteers — to the schedule of events, to last-minute details.

Safety and medical support is also required, Granville said.

When it comes together, like it did Aug. 2, Kid's Day is like a well-rehearsed play with seasoned actors: seamless in its construction and dedicated to the full enjoyment of the audience. It leaves an indelible memory of paint-faced, laughing children and their parents having a good time together. Bravo Army Community Service team, employees and volunteers who made it happen and who keep it a tradition at Fort Monroe.



Photo by Patricia Radcliffe

**Navy family member, Peyton Shea Butler, 5, sails down a gigantic slide at Kid's Day.**



Photo by Connie Smalls

**A cool treat on a hot day ... Stephen Jasenak, 13, hands a "snow cone" to Amy Miller, 11, at the Boy Scouts Troop 31 booth. Scouts, leaders and parents manned the stand during Kid's Day, Aug. 2.**



# Sports & Health

## Reporters Notebook:

# Post CAC’s ‘Liquid Lunch’ not for wimps

**BY PATRICIA RADCLIFFE**  
CASEMATE STAFF WRITER

It’s almost noon, and the Community Activity Center pool comes alive with people chattering, scurrying around and picking up equipment for “Liquid Lunch,” a deep-water aerobics class.

“This should be a cinch,” I naively thought. “After all, I run!”

Shod in pink flip-flops and wearing a fluorescent green and black swimsuit, I head for the water. The instructor, Anna Brown, offers me a large, styrofoam flotation belt. The belts hold participants vertical when exercising; so, knowing how to swim is not necessary.

Ignoring instructions to “tighten the belt as much as possible,” provided by Brown, I head for the 8-foot end of the pool and slide in. Immediately, the belt floats up around my ribs. With arms awkwardly raised, I nonchalantly got out of the pool and adjusted the belt correctly. Back in the pool, I’m ready to go.

“This is a 45-minute class, and you work at your own pace,” Brown reassured the class. With that, we began jogging from deep to shallow water as a warm-up. Unable to figure out how all the others could jog when our feet did not touch the bottom of the pool, I faked it. After the first lap down and back, I was sweating in the cool, blue water. We completed two or three more laps, then the exercise session began.

We did jumping jacks, leg lifts and abdominal exercises that I could feel two days later.

“Most people don’t realize that you experience a constant 12 pounds of pressure when you are in the water, so it’s like working out with weights,” lifeguard, Calla Abbott, said.

Breathless, I survived the class because I did not want to be outdone by the senior citizens

who could chat while working out. After all, I am a junior citizen. (Did I mention that I run?)

For those brave enough to tackle deep-water aerobics, classes are held year-round from 8 to 8:45 a.m. and noon to 12:45 (liquid lunch) on Tuesdays and Thursdays. Shallow-water aerobics classes are held from 8 to 8:45 a.m. on Mondays, Wednesdays and Fridays.



Photo by Patricia Radcliffe

*Lee Shannon, left, and Linda Murphy perform ab exercises during “Liquid Lunch.”*

**Richmond Int’l  
Race  
555480**

**Bay Saab  
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Photo by Beth Sigler

**Representing Fort Monroe Youth Sports, DelChrisha Young, 12, poses with the third place trophy she won during the 2003 Fitness Authority Decathlon held the weekend of Aug. 8-10 at the University of Miami; Coral Gables, Fla. Young was among the six competitors in her age category. The competition is limited to 48 participants — ages 10 to 18 — from across the nation.**

Post MWR

Softball standings  
as of Aug. 14:

- |    |               |      |
|----|---------------|------|
| 1. | DCST          | 13-1 |
| 2. | Moat Dogs     | 10-4 |
| 3. | Warriors      | 9-5  |
| 4. | Cadet Command | 8-6  |
| 5. | Band          | 6-7  |
| 6. | Renegades     | 5-9  |
| 7. | JTF-CS        | 2-11 |
| 8. | HLS           | 2-12 |

Intramural golf  
tourney results:

- |           |             |
|-----------|-------------|
| 1st Place | DCSPIL/NERO |
| 2nd Place | DCSO/T1     |
| 3rd Place | JTFCS-1     |
| 4th Place | MP Det.     |
| 5th Place | JTFCS-2     |
| 6th Place | DCSO/T2     |

**Championship flight:** Bud Kelly, Mike Eck, Damon McKenzie.  
**1st flight:** Barry Guidry, John Bertotti, Jamie Sisler  
**2nd flight:** Purnell Kagler, Jeffery Stewart, Rodney Berry  
**3rd flight:** Ben Weigle, Russ Gillespie, Ron Dement  
(Names and standing provided by John Tutson, post sports director)

Cholesterol screenings

Cholesterol screenings and blood pressure checks are conducted the third Tuesday of each month from 11 a.m. to 1 p.m. at the Fitness Center (1st floor classroom). For more information, call 788-4771.

Fall fitness classes

The Fitness Center is introducing a new series of fall exercise classes in September. Included are: step aerobics, step sculpt, yoga, Pilates, cardio kickboxing and extreme cycling. For more information, contact the Fitness Center at 788-3090.

Local Sports

Rugby players wanted

The Newport News Rugby Football Club is now recruiting players for the upcoming fall season. Those interested can attend any of the practice sessions conducted Tuesdays and Thursdays from 7 to 9 p.m., at Flora Crittenden Middle School in Newport News. The team supplies jerseys. Players need to bring their own cleats and mouthpieces. For information, call Dennis Miller at 672-9570.

Area Walks/Runs

- **Aug. 16 - Peninsula Pathfinders 20th Anniversary 10K Walk.**  
**Place:** York River State Park (Exit 231B, Croaker Exit, off I-64)  
**Start and Finish times:** Begin anytime between 8 and 11 a.m. Finish by 2 p.m.  
**Awards:** Peninsula Pathfinders patch to the top 50 walkers  
**Registration:** \$6 to compete for awards; \$3 for IVV Credit only; No cost for participants just walking the trail. There is a \$3 per car park entrance fee.  
**Phone:** Shirley Boyd at 722-5637, email - walksboyd@aol.com.
- **Aug. 27 - Joe Moore Memorial**

- 5K Couples' Run**  
**Place:** Sandy Bottom Nature Park, Hampton. (Hampton Roads Parkway West exit off I-64)  
**Start time:** Registration begins at 5:30 p.m. Race begins at 6:30.  
**Awards:** Top five married couples; top five single couples; 1st and 2nd Place awards for each of nine age categories.  
**Registration:** \$25 per couple pre-registered by Aug. 22; \$30 per couple afterward.  
**T-Shirts:** Guaranteed for all paid-pre-registered runners.  
**Phone:** Woody Chapman at 827-7670; e-mail: wouldherun@aol.com.

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# Moat Notes

**MWR** [www.monroemwr.com](http://www.monroemwr.com)

## Fortress Frame & Craft Shop

❑ **Basket Weaving** — Sept. 4, 6 to 10 p.m. — Each participant will weave a prairie basket. Cost is \$30, which includes all supplies. This class fills up quickly and pre-registration is required.

❑ **Ceramic Workshops** — Tuesday evenings, 4 to 7:30 p.m. — New items are available including flower pots, ladybugs, elephants and sea shells. Workshops are free, and participants pay for their supplies as needed.

Call 788-2728 for more information.

## Around Post

### Friday's at the Fort

Join Fort Monroe every Friday for "Friday's at the Fort," from 5 to 9 p.m. Upcoming events are:

❑ **Aug. 15** — Karoke by George; sponsored by the Fort Monroe Club. For more information, call 788-5656.

❑ **Aug. 22** — Live country music on the Fort Monroe boardwalk; sponsored by Special Events. For more information, call 788-3151.

### Program for expectant parents

The Soldier and Family Support Center will host a Boots n' Booties Program on Aug. 27 from 1 to 4 p.m.

This program is designed to assist expectant parents in preparing for baby's arrival and to help new parents.

Subjects to be addressed include: infant growth and development, budgeting for baby, safety and childproofing concerns, childcare options and available resources. Each participant will receive a gift packet for baby.

The "Boots 'n' Booties" Program is open to active duty service members, family members, DoD civilians and retirees.

To register for the program or to obtain additional information, call 788-3511/3878.

## Out and About

### Sandy Bottom Park programs

Join Hampton's Department of Parks and Recreation at the Sandy Bottom Nature Park (1255 Big Bethel Road) for the following programs:

❑ **Nature Hike** — Aug. 17, 1:30 to 2:30 p.m. — Join a park naturalist for a leisurely nature hike.

Look at live animal exhibits, and then hike along the lake to observe the park's natural habitats. Visit the Wildlife Exhibit Area and see non-releasable animals. Meet at the Nature Center.

❑ **Campfire Fun** — Aug. 22, 7 to 9 p.m. — Enjoy an evening of stories, Native American folklore, and songs around the campfire.

A telescope will be available to observe the night sky, and marshmallows and hot chocolate will be served.

Bring a campfire story or song to share and be sure to dress for the weather.

This program is limited to 50 people and early sign up is encouraged. Cost is \$1. Meet at the Amphitheatre near the Nature Center flagpole.

For more information, or to make reservations, call 825-4657.

### Donate to Living Museum sale

Volunteers at the Virginia Living Museum are

## ★ ★ ★ **USO Oceanfront Center now open in Virginia Beach** ★ ★ ★

The USO of Hampton Roads opened a new center on the Virginia Beach oceanfront July 7. The center is the ninth USO hospitality lounge in Southeastern Virginia, and is one of the only centers not located on a military installation.

USO Oceanfront serves all active duty military members, Reservists, National Guard members, retirees and their dependents. There is a guest lounge with free refresh-

ments, a TV and VCR, beach rental equipment and much more. USO volunteers are available to provide information and referrals about Hampton Roads.

The Oceanfront center opens daily at 9 a.m. and is closed on Sundays. The center is located on the corner of 31st and Atlantic Avenue. There is a 100 percent ID check for those wishing to visit the facility. For more information or to volunteer, call 289-5921.

now accepting items to sell at their "Mega Hidden Treasures Extravaganza" yard sale to be held at the museum this fall.

Volunteers are looking for new or gently used items for this first annual yard sale. They will not accept clothing, major appliances or upholstered furniture.

Contact the collections committee at 874-1422 for drop off times and location. All donations are tax deductible.

### Newport News concert series

There will be free concerts at Port Warwick (Loftis Blvd. at Jefferson Ave.) on Aug. 16 and 20 from 5:30 to 7:30 p.m. The concerts will feature the Jim Nesbitt Quintet; and the U.S. Continental Army Band Brass Quintet, respectively. For more information, call 369-3000.

### Director to scoop ice cream

Cold Stone Creamery (550 Oyster Point Road; Newport News) will host guest ice cream scooper Marcy Wright (Executive Director for Transitions Family Violence Services) Aug. 20 from 5 to 7 p.m.

Twenty percent of the proceeds during that time will be donated to Transitions Family Violence Services to help fund emergency shelters, transitional housing, their 24-hour HOTLINE and a variety of support and self-sufficiency programs.

For more information, call 728-0025.

### The Simpsons do MacBeth

The American Theatre (125 East Mellen Street; Hampton) welcomes Rick Miller and his one man show, "MacHomer," Aug. 27 to 30.

The show features more than 50 "voices" from television's favorite dysfunctional family in a hilarious performance of Shakespeare's bloodiest tragedy, and stars Homer Simpson as MacBeth and Marge as Lady MacBeth — in a script which remains 85 percent Shakespearean.

Show times are Aug. 27 and 28 at 7:30 p.m.; and Aug. 29 and 30 at 8 p.m. Tickets range from \$20 to \$27.50. For more information, call 722-2787.

### Kid's Fun Day in Gloucester

Beaverdam Park (8687 Roaring Springs Road; Gloucester) will host "Kid's Fun Day," Aug. 22 from 11 a.m. to 3 p.m.

This end of summer celebration will feature a slip and slide, lots of games and is only \$2 per youth. Refreshments are available for purchase. For more information or to register, call (804) 693-2107.

### 'Afternoon Delight' concert

The City of Hampton's Parks and Recreation Department is sponsoring "Afternoon Delight" Aug. 30 from 5 to 8 p.m. The event will feature

the group, Katz-n-Jammers (who play a variety of music including pop, jazz, big band and swing music) and will be held at the Senior Citizen's Center (3501 Kecoughtan Rd.) for all ages.

There is no cost for the event and guests are invited to bring lawn chairs. For more information call 727-1602 or 727-1977.

### Yorktown concert Aug. 23

The Celebrate Yorktown Committee will present the seventh annual free "Concert Under the Stars," featuring the Virginia Symphony, Aug. 23 at 6 p.m. at the Yorktown Victory monument.

Guests are invited to bring seating and picnics, but are reminded that refreshments will be available for purchase.

A free trolley will run from satellite parking lots at the National Park Service Visitor Center and the Court House in Yorktown. For more information, call 898-1243.

### Smithfield car and art display

The Smithfield and Isle of Wight Ruritan Clubs are sponsoring their second annual car show and craft display on Aug. 23 from 10 a.m. to 4 p.m., rain or shine. The event will be held at the Smithfield High School rain or shine, and is free and open to the general public.

The following are price lists to enter a display:

❑ **Show car registration** — \$20

❑ **Early bird discount** — \$15

❑ **Additional vehicle** — \$5

## At the Movies

**Showing at the  
Langley Air Force Base Theater:**

*Friday, August 15*

**7 p.m. — Sinbad:**

**Legend of the Seven Seas (PG)**

*Saturday, August 16*

**2 p.m. and 7 p.m. — Terminator 3:**

**Rise of the Machines (R)**

*Friday, August 22*

**7 p.m. — The League of Extraordinary**

**Gentleman (PG-13)**

*Saturday, August 23*

**2 p.m. — How to Deal (PG-13)**

**7 p.m. — Johnny English (PG-13)**

*All movies at 7 p.m. unless otherwise noted  
Adults — \$2; Children 6 - 12 years old — \$1.50;  
and Children under 6 — free .*

*(If a child under 6 occupies a seat at a G-rated  
movie, admission is \$1.50)*

*\* Special movie showings are available.\**

Contact John Low at 766-1237; or

[LowJ@aafes.com](mailto:LowJ@aafes.com) for details.



- ❑ **Car for sale space** — \$10
  - ❑ **Auto vender** — \$25
  - ❑ **Art and craft spaces (10 X 15)** — \$25
  - ❑ **Flea market spaces** — \$25
- Checks can be made payable to “Smithfield Ruritan Club,” and mailed to: 199614 Orbit Road; Windsor, VA; 23487.
- Proceeds from this event will go to the Smithfield and Isle of Wight county public libraries.
- For more information, call 357-5810.

***New film at Air and Space Center***

Walt Disney Pictures’ new film, Ghosts of the Abyss, opens Aug. 15 at the Virginia Air and Space Center’s IMAX Theater.

The film tours the wreckage of the Titanic, which sits on the ocean floor more than 12,500 feet from the surface, and will show through November.

The center is located at 600 Settlers Landing Road in Hampton. For show times and advance tickets, call 727-0900, ext. 703.

***Portsmouth concert series***

The “Wednesday After Work at Willett” Concert Series will feature the Mystic Soul Bubbas on Aug. 20 on the plaza of Willett Hall (3701 Willett Drive) in Portsmouth from 6 p.m. to starlight.

The event will be moved indoors to Willett Hall in case of inclement weather. Free parking is located directly across the street from the hall, and snacks and adult beverages will be available for sale. Blankets and lawn chairs are welcome.

For more information, call 393-5369.

***‘Ocean in Motion’ on beachfront***

The Virginia Marine Science Museum’s “Ocean in Motion” aquarium will be on the boardwalk at 16th Street from 6:30 to 9:30 p.m. on Aug. 18, 21, 25 and 28.

The aquarium features a diverse range of marine life in a variety of aquatic habitats, including a “shipwreck” that represents an off-shore reef habitat where visitors can see a clearnose skate and tropical butterfly fish.

There is no fee to visit “Ocean in Motion,” and discount coupons for the museum will be distributed. For more information, call 425-3474.

***Newport News farmers’ market***

The Newport News farmers’ market will be held on Aug. 16 from 9 a.m. to 6 p.m.

There will be food, fun and music, as well as a children’s area with activities and food and produce vendors. The market will be held at 2801 Jefferson Avenue, and is free and open to the public. For more information, call 926-1400.

***Earthshaker’s Ball Aug. 29***

The 4th annual Neptune Festival Earthshaker’s Ball will be held on Aug. 29 from 8 p.m. to midnight at the Cavalier Golf and Yacht Club in Virginia Beach.

Individual tickets are \$100 until Aug. 18, and

\$120 thereafter and can be purchased by calling 498-0215; or at the Neptune festival Office (265 King’s Grant road; Suite 102; Virginia Beach).

The event is a part of the Neptune Festival’s 30th anniversary, and includes dining, dancing and socializing. Dress is “island black tie.” For more information, call 498-0215.

***Butterfly Festival 2003***

The Butterfly Society of Virginia will host “Butterfly Festival 2003 — Butterflies Are A Rainbow Of Colors,” on Aug. 23 from 10 a.m. to 4 p.m. at the Hampton Roads Agricultural research and Extension center (1444 Diamond Springs Road) in Virginia Beach. Guests can tour a butterfly garden on walks led by Butterfly Society members, enjoy craft activities planned for the young and young-at-heart and make a caterpillar rearing cage.

The event will be held rain or shine, and both parking and admission are free. There are tables on the center’s grounds for picnic lunches and refreshments will also be available. For more information, call 548-5956, or 625-7143.

*At the outdoor  
Movies*  
**Town Point Park**

Meet at Town Point Park in downtown Norfolk Aug. 21 and 28 for “Cinema Under the Stars.” Feature films are:

- ❑ **The Rookie** — Aug. 21, 9 p.m. Rated G.
- ❑ **Raiders of the Lost Ark** — Aug. 28, 9 p.m. Rated PG.

Lawn chairs and blankets are welcome, and admission is free. For more information, call 441-2345.

**Buckroe Beach**

Family fun and entertainment are on the menu at Buckroe Beach Park (50 N. First Street; Hampton) for the following movie dates:

- ❑ **Scooby Doo** — Aug. 19, 7 p.m. Rated PG-13.
- ❑ **Agent Cody Banks** — Aug. 26, 7 p.m. Rated PG.

Admission is free, parking is \$2. For more information, call 727-6784.

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**Quick Trips:**  
***Virginia Living Museum***



**STORY AND PHOTO BY EMILY R. ASSMUS**  
CASEMATE STAFF MEMBER

Escape city life’s hustle and bustle at the Virginia Living Museum (524 J. Clyde Morris Blvd.; Newport News). With a living replica of the James River, a planetarium, songbird and coastal plain aviaries and a half-mile outdoor elevated boardwalk around Deer Park Lake, there is enough to keep even the most energetic nature enthusiasts entertained.

The Living Museum’s staff is both friendly and informed, stopping to answer questions from visitors and operating such activities as the “Touch Tank,” where sea stars, horseshoe crabs and other marine life provide hands-on education for children of all ages. The museum encompasses aspects of the life cycle on earth, at sea and in the sky — both past and present — providing instruction on everything nature has to offer.

The Living Museum plays host to many of Virginia’s indigenous species including deer, raccoons, owls, turkeys, pelicans, herons and egrets to name a few — all of which can be seen up close and personal. Wildflower gardens, a 4,000-gallon ocean aquarium and much more are ready to be explored at any pace.

More is in store with a 62,000-square-foot museum, 30,000-gallon Chesapeake Bay aquarium and new state-of-the-art planetarium, as well as other new features scheduled for completion in March of 2004.

“Swamp Planet,” a planetarium show about Virginia’s Great Dismal Swamp, will continue through Nov. 16. Accompanying the show is “Swamp Predators,” where visitors can see poison arrow dart frogs, a crocodile, alligator snapping turtles and water snakes.

Upcoming events at the Living Museum include:

- ❑ **Story Time** — Aug. 16, 10 a.m. — Read “Life in a Pond” with museum volunteers and meet a special live animal.
- ❑ **Marvelous Mars** — Aug. 27, 7 to 11:30 p.m. — As a part of National Astronomy Week (Aug. 23 - 30), this event will include crafts, games and activities for kids, and the opportunity to view Mars through the museum’s 14-inch telescope (weather permitting), as the planet will be on its closest approach to Earth in 100,000 years. Special showings of “Swamp Planet” will play in the planetarium.

For more information on upcoming events, call 595-1900, or visit: [www.valivingmuseum.org](http://www.valivingmuseum.org). Individual planetarium tickets are \$3. Admission to the museum is \$9 for adults and \$7 for children (\$11 and \$9 for admission to both the museum and planetarium.)



make it until the test results came back.”

A single battlefield injury victim can require more than 40 units of blood in an emergency. Type O donors are especially important to readiness because their blood can be transfused safely for all blood types, especially in remote areas where it’s not possible to test for blood type.

The Armed Services Blood Program also needs Type O blood to maintain its frozen blood

reserve. The military maintains a supply of frozen red blood cells to use when fresh blood is not immediately available. Since frozen blood can be safely stored for up to 10 years, it ensures that blood is always readily available to meet the military’s needs worldwide.

Extending the shelf life of blood from 42 days (for liquid red cells) to 10 years in strategic locations enables the blood program to make frozen

blood available until the supply of liquid blood begins to flow. But storage requirements and thawing equipment needed to use frozen blood prevent it from being used everywhere.

Making the present need more acute is that the military blood donor centers can only collect blood from active duty service members, government employees, retirees and military family members. That excludes many Operation Iraqi Freedom veterans, who are deferred from donating for one year because they served in areas where malaria is endemic. This makes regular donations from eligible donors critical.

“We’re always thankful to our donors,” Sylvester said. “We know that blood donations save lives every day. Repeat donors and those who ask that we call them when their blood type is needed help ensure we have a consistent supply of all blood types. They’re literally lifesavers when an urgent need arises.”

Blood program officials encourage potential donors or those who could sponsor a group blood drive to contact their local military blood collection facility.

*(Based on a release from Army Surgeon General’s office, executive agent for the Armed Services Blood Program.)*

**Editor’s note: A blood drive will be held on post at the Community Activities Center from 9 a.m. - 3 p.m., Sept. 10. To give blood anytime, or to find out eligibility requirements, call the local Red Cross office at 446-7700, or call 1-800-GIVE-LIFE.**

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**Thumpers now serving breakfast, offering take-out service**

Thumpers on the Bay restaurant provides eat-in or take-out breakfast on weekends from 7 to 11 a.m., and lunch daily from 11 a.m. to 3 p.m. It is located on the second floor of the Marina, McNair Road in Building 207. For more information, call 788-4680.

**Summer photo contest**

Whether you have been around the world, or have just hung out and explored Hampton Roads, we invite you to submit your best summer photo to our “Sizzlin’ Summer Snapshots” contest.

The Casemate’s staff will judge entries and select the best photos for publication in a Fall Casemate issue and in an on-line edition. All entries must be received at the Casemate office (Bldg. 27) no later than 5 p.m. on Aug. 29. For more information, call 788-3520.

**D.C. Tribute to Freedom**

Operation Tribute to Freedom and the National Football League are partnering for the NFL Kick-Off Live concert and Redskins/Jets season opener Sept. 4 on the National Mall in Washington D.C.

The first 5,000 uniformed military members to sign up for free tickets will have stage-front access at the concert, which begins at 6 p.m. and will feature Aerosmith, Mary Blige, Britney Spears, Good Charlotte and Aretha Franklin.

An additional 20,000 uniformed members and their families will also have preferred access to the event.

Following the concert, the season opener pitting the Washington Redskins against the New York Jets will be shown at the Mall on large Jumbo-Tron screens.

For more information or to register for tickets, visit the U.S. Army Installation Management Agency website at [www.ima.army.mil](http://www.ima.army.mil).